

# 50+ Recreation

## October 2016

Our mission is to enrich the lives of our citizens.

ISSUE 10

[www.ColumbusRecParks.com](http://www.ColumbusRecParks.com)

### 50+ Walking Jamboree



**Friday, October 7**

**Registration: 8:30 am**

**Start time: 9 am**

**Smith Farms, 3285 Watkins Rd (07)**

**Free Event**

**Annual Fun Walk Event**

**½ mile, 2 mile or 4 mile route**

**Vendors**



**Hayrides**



**Line dancing**

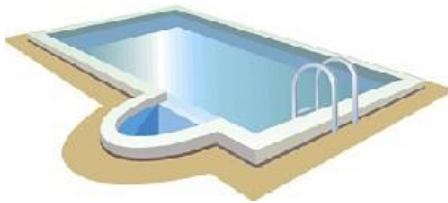
**Refreshments**



**Free Produce for Walkers**

**Contact: Monique 645-3386 or Mo 645-3151**

### 50+ Water Exercise



Indoor water aerobics will begin in late September.

Contact Aquatics Center for exact date

Columbus Aquatics Center

1160 Hunter Ave., 43201.

614-645-3129

Join us every Monday and Wednesday.

Doors open at 9:30 am, get in the water at 9:45 and in the water at 9:45 and exercise begins at 10:00 am.

The cost is \$12 per session or \$1 per visit.

**October 2016**

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Newsletter Editor: Wendy Frantz

645-7427

## Dance

### Gillie Dance

**Line Dance** *Beginners* **Tuesdays** *1 pm*  
*Advanced* **Tuesdays** *2 pm*  
*Intermediates* **Fridays** *10:30 am*

**Move & Groove** **Mondays** *7:30 pm*

### **Tap Dance:**

*Advanced* **Wednesdays** *10 am*

*Beginning* **Wednesdays** *10:50 am*

**Ballet Class** **Wednesdays** *5 pm*

### **Gillie Wednesday Evening Dance Information**

**6:30 – 9 pm** **Admission: \$5**

Come early for line a line dance session: 6-6:30 pm.

The DJ begins spinning a variety of dance music at

6:30. Refreshments will be served, dancing until 9 pm.

*Weekly Themes:*

*October 5 Birthdays & Anniversaries*

*October 12 Columbus Day*

*October 19 National Ballroom Dance Cel.*

*October 26 Halloween Party*

### **National Ballroom Dance Celebration** **Cost \$10**

featuring Chelsie Carpenter who has performed for us on many occasions, will be entertaining us with her beautiful voice. Our schedule that night will be:

5:30 short dance lesson with Lee; 6:15 Line Dancing;

6:45 Dance Show, 7:00 Hors d'oeuvres Buffet. 7:30-

9:30 Entertainment. Don & Jean will do mixers in-between and we'll even have a square dance or two.

**Tickets available at the front desk.**

### Marion Franklin

#### **Line Dance**

*Mondays, Wednesdays and Fridays* **10-11 am**

*Beginners* **Wednesdays** *11:15 am*

*Men's* **Tuesdays and Thursdays** *1 pm*

**Line Dance Workout** **Tuesday and Thursday 10 am**

**Men In Black Rehearsal**

*Tuesdays and Thursdays* **2 pm**

#### **Evening Line Dance**

*Beginners* **Tuesdays and Thursdays** *5:30-6:30 pm*

**\$20 per person, per session**

## Walk with a Doc

Take steps to a healthier you with Walk with a Doc.

Take an hour-long walk led by a Mount Carmel Health

Physician. *Walks are held inside during bad weather.*

### **2016 Walking Dates**

#### **Far East &**

#### **Dodge**

Oct 8, 22

Nov 12

**8:30 - 9:30 am**

#### **Indian Mound & Woodward Park**

Oct 1, 15

Nov 5

## Red Hat Activities

Gillie's Fillies *Mark your Calendars!*

### **Happy Pizza**

**Monday, October 10** **Noon**

**Located at Rt. 161 and Karl Road, serving: Pizza, fish, chicken, hot links, salad and ribs.**

### **Schmidt's & Golden Hobby Shop**

**Wednesday, November 16** **11:30 am** **Van \$5**

Schmidt's 240 E. Kossuth St. Col 43206.

Golden Hobby Shop 630 S. Third St.

### **Golden Hobby Shop**

**630 S. Third St. in German Village**

**Columbus, Ohio 43206**

**Phone 614-645-8329**

**Shop Hours of Operation: Tuesday- Saturday**

**10 am – 5 pm**

**Free parking**

It's always fun at the Golden Hobby Gift Shop!

Great new things for Fall, Halloween and

Thanksgiving are filling up our Current Season

Room.

And starting September 6, here comes Christmas, Hanukkah, Kwanzaa & New Year's.

Come browse in one of Columbus' most unique gift shops. Not only do our consignors offer ingenious, re-purposed, brilliantly conceived items but the prices are shockingly low. In addition to our Current Season Room we have Everything Kitchen & Bath, Wearables & Accessories, Team Spirit, Children's Room, Warm & Cozy Home, Woodworking & Artworks, Four Seasons Room, Nature Space and Pet Corner.

## Trips

### Dodge

**645-3176**

### **SRO's Production of Dracula**

**Friday, October 14** **8:30**

**Cost \$15**

**Breakfast and then show at 10 am**

Join us for this classic tale, a perfect way to kick off October. Steven Dietz's chilling take on Bram Stoker's *Dracula*. This production restores the suspense and seduction of the original tale. Rich with humor and horror; this play paints a wickedly theatrical picture of Stoker's famous vampire.

*Dodge trips continued on page 3.*

# Trips

## **Dodge (continued) 645-3176**

### **Circleville Pumpkin Show**

**Wednesday, October 19 9 am Cost \$5**

Join us as we take our annual trip to round town where, we can enjoy all that is pumpkin! Be sure you wear comfortable shoes so that you are ready to walk and see all the wonderful sights, sounds and scents of the pumpkin season! On the way back we will check out Renick's family market!

### **Apple Butter Stirrin' Festival at Roscoe Village**

**Friday, October 21 9 am Cost \$5**

Roscoe Village hosts a wide variety of artisans, crafters and food vendors for the festival. Be ready to walk, wear comfortable shoes and stroll through the charming streets to the sounds of Bluegrass, along with music and entertainment beginning on the main stage at 11:45 am. Additional cost of \$7 for those who would like to take a canal boat ride!

### **A Musical Adaptation of Charles Dicken's "A Christmas Carol" at La Comedia**

**Thursday, November 10**

**\$50 is due at time of sign up**

Join the ghosts of the Past, Present and Future as they lead the miserly Ebenezer Scrooge on a classic Journey of forgiveness and redemption. Turning a humbug into a hero. Featuring favorite Christmas Carols and a traditional rendering of "O Holy Night" for a great start to the Holiday season!

## **Gillie 645-3106**

**Trip Policy:** Persons registering for **van/mini bus trips** need to be **current** members of The Columbus Recreation & Parks Department 50+ Programs.

**Charter bus trips are open to adult non-members. All refund questions will be handled by the staff person in charge of the trip.**

### **Lunch in a Covered Bridge**

**Tuesday, October 18 9 am Cost \$145**

Join as we travel to Union County to visit the Dutch Mill Greenhouse which is a family operated greenhouse dedicated to providing customers with quality plants. We will also tour the Honda Heritage Museum and hear the history of Honda's success in North America. We will have lunch on the Pottersburg Bridge, which was originally built in 1868 and spanned nearly 100 feet over the Big Darby Creek. Afterwards, we will enjoy a winetasting tour at the Bokes Creek Winery and finally we will experience a "Canvas and Cupcake" class to conclude our day. **Check to see if we still have seats.**

## **Gillie (continued) 645-3106**

### **Gillie Graveyard Tours #6**

#### **Lancaster & Stonewall/Rushville Cemeteries**

**Wednesday, October 19 8:30 am – 6 pm**

The quest to discover a little bit about ourselves winds up ironically in the fall, attempting to see how the graveyard, in all forms and fashions transcends our understanding of the living world. Bring water and a snack. Lunch on our own at a tasty restaurant. A stop at Hugus Fruit Farm will conclude our journey.

**Registration begins Wednesday, October 5.**

### **Tour the Christmas Story House**

**Saturday, November 19 9 am Cost \$129**

Visit the house that made "A Christmas Story" a household name. Ralphie's 19<sup>th</sup> century Victorian house was the sight of all the outside scenes to the movie. It has been renovated to look both inside and outside like the house in the movie. We will also visit the famous Westside Market and we will have lunch at Sokolowski's University Inn. Cleveland's oldest family owned and operated restaurant.

**Register Now!**

### **Christmas in Amish Country, Nappanee, IN December 1 & 2**

**\$250 double occupancy (includes: tour & show admissions, special events, dinner, continental breakfast, baggage handling and taxes.)**

Join us for an overnight trip to Nappanee, Indiana where we will visit the historical Ruthmere Mansion (**unfortunately it is not handicap accessible**) with its beautiful decorations including its collection of antique Nut Crackers. We will be treated to a traditional English Tea and hear a presentation on Downton Abby. We will then make our way to the train museum and tour their wonderful model train exhibit decorated for the holidays. Then we will check into Amish Acres and enjoy a traditional "Threshers" meal (all home grown/homemade items served family style) in an Amish Barn where we will enjoy a performance of "A Christmas Story". The next day we will tour an Amish Farm with time to shop before heading home. **Register now with a \$100 deposit. Final payment will be due by October 25.**

**Please note both the English Tea and the Thresher meal will be served traditionally and are not subject to substitutions for those with restrictive or special dietary needs.**

# Trips

**Marion Franklin** **645-3612**

## **Breakfast and Movie**

**Tuesday, October 18** **8:30 am** **Cost \$5**

Movie will be determined a week prior, based on showings and times. Please register at the front desk.

## **Bargain Shopping**

**Check with center for date** **9:30 am** **Cost \$5**

Join us as we head out to local thrift stores and bargain outlets to catch deals legends are made of; and then we grab lunch before heading back to share news of our finds. Please register at the front desk.

**Martin Janis** **645-5954**

## **Algonquin Mill Fall Festival**

**Friday, October 7** **10 am**

**Cost \$10 for transport, lunch on your own**

Visitors to the Algonquin Mill Fall Festival in Carrollton can step back in time as they explore Algonquin Mill's log cabins, an antique print shop, one-room schoolhouse, bookstore and stagecoach inn. Steam-driven flouring, saw and shingle mills give visitors a chance to learn about life in the pioneer era. In addition, there are demonstrations in chair caning, wood carving, broom making, chain-saw carving, candle dipping, rug making and weaving. Train enthusiasts will love the New York Central railroad station, complete with an HO model train. An art and photography show features the work of local artists and photographers.

## **Bob Evans Farm Festival**

**Friday, October 14** **9:30 am**

**Cost: \$10 for transport, \$5 admission, lunch on own**

Bob Evans Farm Festival in Rio Grande, Ohio at the original Bob Evans Farm: This celebration of the harvest season attracts thousands with its entertainment, traditional crafts, farm contests, food, children's activities and demonstrations. A weekend of fun for friends and family of all ages, the Bob Evans Farm Festival offers a taste of yesteryear.

## **Circleville Pumpkin Festival**

**Thursday, October 20** **10:30 am**

**Cost: \$10 for transport, lunch on your own**

Since this event was started in 1903 by the city mayor with a single display of corn stalks and pumpkins, it has grown to a street fair that covers eight city blocks filled with twenty-five or more amusement rides and over three hundred food booths, games and craft vendors. There are daily parades, the obligatory beauty contest and constant entertainment.

**Martin Janis (continued)** **645-5954**

## **Apple Butter Stirrin Festival**

**Friday, October 21** **10 am**

Apple Butter Stirrin Festival at Historic Roscoe Village in Coshocton is host to over 100 talented artisans and crafters. This invitational festival celebrates the sights, sounds and scents of autumn. Smell the fresh apple butter simmering over an open fire, and stroll through the street to a variety of music including bluegrass, country, gospel and tunes from days gone-by. Find a quilt raffle, artisans' items raffle and fun, unique contests to enter and don't miss various educational and entertaining outdoor demonstrations throughout the weekend. Special features include Canal Town Journey Tours, eerie Spirit Tours, canal boat rides.

**Whetstone** **645-3217**

*Note:* Any participant signing up for Whetstone trips must present payment at the time of registration.

## **ALL ARE WELCOME ON THIS TRIP!**

**Wednesday, October 5** **9:15 am** **Cost \$4**

The Red Hats/Cruising Cougars will head to Old Man's Cave Lodge. Don't miss the great food and the beautiful fall foliage. **Please contact Mike to reserve your spot.**

## **Hikes with Mike**

**Wednesday, October 19** **10 am**

Hikes with Mike will be heading down town to check the Scioto Mile. We will walk the promenade; check out the fountains and gander at the memorials. We will eat lunch somewhere to. **Please call Mike to RSVP.**



## **Mike's Taste of Italia**

**Wednesday, October 26** **11 am** **Free**

What? A new place, Mike's Taste of Italia will go to Adriatico's. Don't miss it. **Please call Mike to RSVP.**



## Get a free Flu Shot

October 17  
Noon-2 pm  
Hamilton Middle School  
755 Rathmell Rd, Columbus OH 43207  
No Appointment Required

Free public transportation available at these locations:

Franklin County Public Health  
280 E. Broad St, 43215

St. Mark's United Methodist Church  
5200 Sullivant Ave, 43228

Whitehall Senior Center  
4924 Etna Rd, 43213

COTA Bus Stop 1129  
Northern Lights Shopping Center  
3435 Cleveland Ave, 43224

Pickup times start at 11 am for all locations.

For more information, visit [myfcph.org/flu](http://myfcph.org/flu) or call 614-525-3719.

## Senior Living Festival

Join COAAA for the annual **free** celebration of active living on **Friday, October 28**, at the Hollywood Casino in Columbus. Hours are **10:00 a.m. to 2:00 p.m.**

### New in live entertainment!

Topping the line-up is a **Sammy Davis, Jr. Tribute**. Dezhon Fields has captivated audiences for over twelve years throughout the U.S. and internationally, paying homage and honoring Sammy with his recreation of Sammy's music, moves and mannerisms. He completely immerses himself as he performs unforgettable songs such as, "The Candy Man"; "What Kind of Fool am I"; "I've Gotta Be Me"; and the timeless classic "Mr. Bojangles".

Also on tap for the "H" Lounge stage is: 1) *The Jack Fox Band*, 2) *Two for the Road*, and back by popular demand, 3) *The Men in Black*.

### New in the Wellness Pavilion!

Concerned about falls? Free computerized **Balance Assessments** will be conducted by Mount Carmel using NeuroCom balance plates. Other free screenings include ear scans, vision, blood glucose, blood pressure, body mass index and nutrition, as well as fracture risk assessments.

### New in the Ballroom Performance Space!

Folk singer Bill Cohen will sing songs from the 1960s and lead a sing along. International folk dancers will perform, demonstrate and teach dance steps. Always a favorite, the Columbus Zoo show is scheduled too.

### New in Exhibits!

AT&T has a distracted driving simulator with pedal, steering wheel, and software. ClearCaption features near-real-time captioning of conversation as text on personal computers, mobile devices and home phones.

**Medicare Compare** – Beneficiaries will have an opportunity to receive unbiased assistance in evaluating and choosing coverage options as part of the fall open enrollment period.

The Senior Living Festival is presented by the Central Ohio Area Agency on Aging, Franklin County Office on Aging, and Senior Services Roundtable of Columbus and Franklin County. Admission, parking, entertainment, activities, exhibits, chair massage and caricature portraits by two local artists are free.

### **Senior Council Meeting**

**Tuesday, October 11 1 pm**

Interested in seeing the how the senior council works? Come join us for a meeting and talk about the happenings at Dodge. We welcome any members of Dodge to attend, so that we may better serve the needs of our 50+ participants.

### **Halloween Luncheon & Bingo!**

**Thursday, October 27 11 am -1 pm**

Come join us for food and fun. Play Bingo and win some great prizes. Spooky themed decorations and costumes are encouraged. Anyone wearing a costume will be invited to enter the Costume Competition.

### **Walk with the Doc**

**Saturdays, October 8 & 22 8:30 am**

Come and help Dodge keep the "Walk with a Doc" trophy this year. Bring your walking shoes and take some steps to be healthy! It may start getting cool in the mornings so dress for the weather.

### **Medicare Changes in 2017**

**Wednesday, October 5 12:30-2 pm**

Don't be caught unaware of these changes! Come in and have them explained to you. Dan with medical mutual will be here to talk about changes to the Medicare plans coming in 2017. Please sign up at the front desk to be included in this program.

### **Open enrollment session for Medicare**

**Monday, October 17 10:30 am-Noon**

Not enrolled in Medicare? Come to Dodge to remedy this. Dan with medical mutual will be here to enroll those in Medicare that are interested.

### **Tai Chi with Michael**



**Tuesdays Noon- 1 pm**

Come in to enjoy this calming Martial Arts discipline. A great way to build strength, flexibility and balance and relieve stress. Simple, low-impact fitness.

Come join us to stay healthy!

### **Volunteer Opportunities**

Are you interested in volunteering at Dodge? We are always looking for volunteers to help out with special events, especially with set up, serving food or clean up. Do you have a special talent or skill that you would like to share or teach a class? Would you like to perform at a special event? Please sign up at the front desk or contact

**Holly at [HMWetmore@columbus.gov](mailto:HMWetmore@columbus.gov)**

### **Classes For Fall 1!**

<b>Painting</b>	<b>Mondays</b>	<b>10am-12pm</b>
<b>You Sew fine</b>	<b>Mondays</b>	<b>1:30-3:00 pm</b>
<b>Senior Fitness</b>	<b>Mon &amp; Wed</b>	<b>9:30-10:30am</b>
<b>Cardio</b>	<b>Mon &amp; Wed</b>	<b>11am-12pm</b>
<b>Quilting</b>	<b>Tuesdays</b>	<b>9 am</b>
<b>Pickleball</b>	<b>Tues &amp; Thurs</b>	<b>9:30-10am</b>
<b>50+ Sewing</b>	<b>Tuesdays</b>	<b>1:30-4:30 pm</b>
<b>Acting</b>	<b>Tuesdays</b>	<b>1 pm</b>
<b>Crochet</b>	<b>Wednesdays</b>	<b>1-3 pm</b>
<b>Walking Group</b>	<b>Mon-Wed-Fri</b>	<b>9-10 am</b>
<b>Shuffleboard</b>	<b>Thursdays</b>	<b>10:15-10:55 am</b>
<b>Bingo</b>	<b>Thursdays</b>	<b>11-11:55 am</b>
<b>Chair Volleyball</b>	<b>Mon &amp; Thurs</b>	<b>1-3 pm</b>
<b>Ceramics</b>	<b>Tues &amp; Fri</b>	<b>12:00-3pm</b>
<b>50+ Alterations</b>	<b>Fridays</b>	<b>1-4 pm</b>
<b>Drawing</b>	<b>Fridays</b>	<b>1:30-3:30pm</b>

**...AND MORE!**

### **Indoor Cycling At Dodge!**

You signed up and we listened! Thanks to those of you that expressed interest in a cycling class at Dodge. We are going to try to fix up the few bikes we have and make sure they are ready to use. Fall 2 is when this program may start. Small class size at first, more interest and demand and we could get a larger class!

### **Fall Flea Market/Yard Sale**

**Saturday, November 12 9 am-2 pm**

Dodge is going to bring back a Flea Market/Yard Sale! If you have stuff you would like to sell, you can rent a vendor table for \$10. Sign up at Dodge for interest.

### **\*Interest for new Programs\***

***Sign up at Dodge to bring these programs here!***

#### **\*COAAA is offering "A Matter of Balance"**

This is an eight week course which emphasizes practical strategies to reduce fear of falling. Setting realistic activity goals and changing your environment to reduce falls will be covered in this program.

#### **\*COAAA Caregiver Workshop**

This program helps you learn about short term assistance at home or Adult Day Care, assistance with medical equipment supplies and home modifications.

#### **\*Healthy U health workshop**

This is a six week workshop to help people with diabetes, asthma, arthritis, heart disease and other chronic conditions.

**Monday, October 10 - The Gillie Center will be CLOSED for Columbus Day.**

### **Holiday Bazaar Tables on Sale**

Tables for the Holiday Bazaar are now on sale for **\$20 per table**. The bazaar will be held on Thursday & Friday, November 3 & 4, 2016. **Call 645-3106 to see if any tables are still available.**

**Giant Badminton**    *Mondays*                      *10 am*

### **Fall Proof Balance Class**

*Tuesdays and Thursdays*                      *2 pm*

Have a balance or mobility disorder? Develop your own comprehensive set of progressive exercises that will reduce your risk of falling. We will understand the common age related changes that occur as we age and how they affect our mobility and balance.

### **Annual Walking Jamboree at Smith Farms**

*Friday, October 7*    *Sign in 8:30 am/ Start 9 am*

Join us as we, "Walk for the health of it", through beautiful Three Creeks Metro Park. We will use three trails ranging from 1 to 4 miles. There will be vendors, line dancing, hayrides and other fun activities.

**Register for mini bus; we leave at 8 am.**

### **OSU Extension Service w/Lisa Gibson**

*Friday, October 7*                      *9:30 am*

### **Veteran's Group**

*Friday, October 7*                      *1 pm*

Calling all members of the Armed forces for a meeting of the brotherhood.

### **BINGO**

*Mondays, October 3 & 24*                      *1 pm*

### **Eat Better, Feel Better**

*Tuesday, October 11*                      *11 am*

Registered Dietitian Leonor Button from LifeCare Alliance presents: **Puzzling Produce**.

### **Alzheimer's Association**

*Tuesday, October 11*

~Support Group                      *12:30 pm*    Everyone is invited.

~Private Consultations                      *1:30-4 pm*

For yourself or a caregiver; by appointment (457-6003).

### **Art with the Masters**

*Tuesdays, October 11, 18 & 25*                      *1:15 pm*    *Cost \$3*

We will explore the Life and Times of three different master artist. We will first study their techniques and then work on projects using them.

### **History Roundtable**

*Wednesday, October 12*                      *1 pm*

**Topic: "Halloween" Myths and Lore**

### **Senior Recreation Council Meeting**

*Wednesday, October 12*                      *1 pm*

**It's Back...GIRLS NIGHT OUT!!!!** *Cost: TBA*

*Friday-Saturday, October 14 & 15*    *5 pm-9 am*

Join us for shopping, creative activities and fun in your favorite PJ's. We will be hitting the road again and we're looking for a few good gal pals.

**Register Monday, October 3.**

### **Columbus Speech & Hearing**

*Thursday, October 20*                      *10 am -3:30 pm*

To schedule an appointment, call 261-5452.

### **Truth In Senior Living**

*Thursday, October 20*                      *10 am*

There is so much to learn about Senior Living opportunities in Columbus, join us and bring your questions with you. **Register at the front desk.**

### **Tangle on a Chain**

*Thursday, October 27*                      *1:15 pm*                      *Cost \$14*

The fall jewelry class will do basic doodling with color pencil or markers. We will also learn basic beading and jewelry skills making necklaces and earrings.

### **Halloween Lunch and Costume Party**

*Thursday, October 27*                      *11:30 am*

Come in your favorite costume and join us in the monster mash, you know it was a grave yard smash. And a little wicked bingo. No tickets needed, regular canteen prices apply.

### **Empty Bowls**

*Cost \$10*

*Thur. & Fri., November 3 & 4*                      *11 am - 1 pm*

Help fight hunger in our community by purchasing a ceramic class handmade bowl, soup and bread. 100% of donations go to the Mid-Ohio Food Bank.

### **Holiday Bazaar & Bake Sale**

*Thursday & Friday, November 3 & 4*

*9 am - 2:30 pm*

**Start your holiday shopping now with our unique vendors who have assorted crafts, original art work, and special gifts on sale for you. Our famous baked goods will bring a smile to any face and don't forget our wonderful raffle. Come out with your family and friends.**

Lazelle Woods Intergenerational Center

Anna Marie Brown, Center Manager

Hours: Mon.-Fri.: 8 am-9 pm; Sat.: 9 am-6 pm

8140 Sancus Blvd., 43081

645-5330

**Pickle Ball**    *Mondays*    8:30-10 am

*Wednesdays*    1-3 pm

*Fridays*    8:30-10 am

*\$10 for the session*

**Monday**

Zumba    8:30-9:30am    \$20

Combo class for \$38 and \$48

Lunch Indoor Cycling 1-1:45pm    \$10

Get Moving    1:30-2:30pm    Free

**Tuesday**

Tai Chi    11:30-12:30pm    \$35

Lunch Indoor Cycling 1-1:45pm    \$10

Combo class for \$20

Aiki Ju Jitsu and Aikido    6:30-8:30pm    \$35

Women's Circle    6:30-7:45pm    \$30 + \$5 Mtls.

**Wednesday**

Zumba    8:30-9:30am    \$28

Lunch Indoor Cycling 1-1:45pm    \$10

Yoga    6:30-7:30pm    \$40

**Thursday**

Lunch Indoor Cycling 1-1:45pm    \$10

Get Moving    1-2pm    Free

Fundamentals of Watercolor 6-9pm    \$85

Piano Level 1    6-6:30pm    \$25 + \$3

Mtls.

Adult Pottery    7-9pm    \$10

Mtls.

**Friday**

Zumba 45    8:15-9am    \$20

Pottery    12-2pm    \$35 + \$15 Mtls.

Check with center or website for complete listing of classes. **COAAA** Central Ohio Area

**Agency on Aging**

**3776 S. High St., 43207**

**614-645-7250**

## Important: Medicare Open Enrollment Period

Dates for the Medicare Open Enrollment Period are **October 15<sup>th</sup> to December 7<sup>th</sup>**. This period extends the time in which people can decide if they wish to make changes to their coverage by one week. It also ends the open enrollment period at a time that allows the plans and Medicare to communicate, thus reducing the possibility of errors or problems the first of the year.

Beneficiaries should receive an Annual Notice of Change (ANOC) from their plans notifying them of any changes by the end of September.

Remember all Medicare beneficiaries with Medicare Part D really owe it to themselves to evaluate their current coverage during open enrollment. The private companies who offer Part D are able to make changes each year that could affect costs and coverage through premium, copay and formulary changes. Many beneficiaries who evaluate their coverage find that they can save money in the next year by switching. It can be a daunting task to consider but there are agencies in Central Ohio ready and willing to help. Call the Central Ohio Area Agency on Aging at 1-800-589-7277 or OSHIIP at 1-800-686-1578.



*The Center will be closed: October 10 (Columbus Day)*

### **Marion Franklin Dining Center**

**Lunch: Tuesday-Thursday 11 am-1 pm**

*LifeCare Alliance...Nourishing the Human Spirit*

*For those aged 60+, lunch is provided for a suggested contribution of \$1.50. Additionally transportation is provided for a roundtrip contribution of \$1.25. To reserve lunch or transportation, call 614-278-3153.*

### **Interested in an Office on the Council?**

**Marion Franklin SRC wants you!**

**Monday, October 17 2 pm**

Plan to Attend our **One Time** Information (Policy/Procedures) Meeting.

**YOU MUST ATTEND THIS MEETING. \*NO EXCEPTIONS.**

### **CareSource Representative**

**Monday, October 3 11:15 am Free**

**CareSource** is a leading non-profit public sector managed care company meeting the needs of health care consumers for more than 24 years. Karen Dawson will be available to answers any questions you may have pertaining to CareSource.

### **Free Virtual Travel to Cuba**

**Friday, October 7 11:30 am-1 pm Free**

Road Scholars Alumni: Benita (Oyalade) Pitts, Jesse Jackson, Alanla Jackson, and Cassandra Holloway will take us on a virtual tour to Cuba, through pictures, food, dance and narration. The four Ohioans took a 17 day trip to Cuba with National Road Scholars Alumni in May. All are enthusiasts of global black culture. Refreshments representative of the food and drink they consumed on their trip will be provided. A glimpse at Cuban dance, education, economics, food and housing will quench or feed your curiosity. Please register at the front desk or call 614-645-3612.

### **50+ Walking Jamboree at Smith Farms**

**Friday, October 7 8:30 am Free**

See page 1 for more information.

### **Book Club Discussion & Social**

**Every 2<sup>nd</sup> Wednesday (October 12) 1:30 pm**

**Book:** My Mother's Sister

Come join us as the author of this month's book, Dr. Bates, will be at the Marion Franklin Community Center. Dates and times are subject to change; please call the center if you plan to attend.

### **Classic 8 Ball Tournament**

**Thursday, October 13 3 pm Free Entry**

Please register at the front desk.

### **Anthem Blue Cross Blue Shield Representative**

**Friday, October 14 11:15 am**

### **Diabetes Prevention & Nutrition**

**Tuesdays, Sept. 20-Nov. 8 Noon - 1 pm**

Please register at the front desk.

### **YMCA's Diabetes Prevention Program**

**Location: Marion Franklin Center**

**Class began: 9/28/2016 12:15-1:15 pm**

Please register with Meagan Goodson, 614-384-2304.

### **Free Produce Thursday, October 27**

### **Halloween "Line Dance" Potluck**

**Monday, October 31 11:15 am-1 pm**

This is a Healthy Salad and Dessert Line Dance Party. There are many varieties of salads and desserts, please bring your favorite to feed at least 8 people. Must register at the front desk.

**BINGO Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday 1-3 pm**

**Pokeno Every Wednesday 1-3 pm**

### **Underground Railroad**

**Meets 1<sup>st</sup> & 3<sup>rd</sup> Monday of the month at 2:30 pm.**

### **Diabetes Prevention & Nutrition**

**Every Tuesday (Sept. 20 - Nov. 8) Noon-1 pm**

**Please register at the front desk.**

### **Marion Franklin "Fall" Flea Market**

**Thursday, October 27 11 am-5 pm Set-up: 10 am**

Members Tables (1) \$10 (2) \$15

Non Member Tables (1) \$15 (2) \$25

Please register at the front desk for a table. We are accepting all donations for the Marion Franklin table.

### **LifeCare Alliance New Dietician**

**Eat Better, Feel Better! Class**

**Every third Thursday of the month 11:15 am**

**Nurse Barbara Parker**, LifeCare Alliance Wellness Center; office 645-7173/voicemail 437-2927. Schedule an appointment to have your blood sugar checked and for information on how to manage your Diabetes.

### **Arthritis Foundation Exercise Program**

**Every Tuesday & Thursday 10 am**

### **Free Hearing Services**

Call Rachel at 261-5452 for more information or to schedule an appointment.

**October 2 – 25, 2016**

**Quarter Horse Congress**

**All staff and participants use Gate 9 to enter and exit Martin Janis 50+.**



**Martin Janis Annual Halloween Bash!**

**Friday, October 28 Noon – 2:30 pm**

Join in the fun! Come dressed in your favorite costume for our “Best Costume” contest. Bring in a pumpkin dessert and enter it in the “Best Pumpkin Treat” competition. Contests, prizes, goodies and fun for all. And don’t forget to visit the Stained Glass studio for “Stained Glass Trick or Treat.”



**“Inch by Inch”**

**November 1 10 am – Noon**

**November 3 10 am – Noon**

Be part of this upbeat program designed for YOU! Receive education, resources and guidance for:

- Meal planning, recipes and nutrition
- Eating out
- Budget-minded grocery shopping
- Physical activity
- Managing stress

This program is FREE and will be conducted by a Registered Dietician and a Fitness Consultant! Please register by calling the Central Ohio Diabetes Association at (614) 884-4400. You must register and be at least 18 to attend.

**Greg’s Health Corner –**

**Let’s Talk Posture!**

Consider your phone and your back. According to Ken Hansraj, chief of spine surgery at New York Spine Surgery & Rehabilitation Medicine in Poughkeepsie, bending your neck to read or text can put up to an extra 60 pounds of force on your spine. Combining this poor posture with common arthritic buildup or degeneration in the disks in your spine can result in back pain. Keep your head up and your eyes looking down. Good posture is where you bring your ears above your shoulders and open your chest by retracting your angel wings-your scapula. You can also think about using headphones with a built-in microphone so you don’t have to bend your neck.

**Lunch served**

**Monday- Friday 11:30 am – 12:45 pm**

**Martin Janis Senior Council**

Next meeting: **Wednesday, October 19 10 am**

**Coffee Club**

**Wednesdays 9 am**

Come join the conversation!



**“Breakfast for Lunch”**

**Wednesday, October 5 11:30 am**

Everyone loves the wonderful breakfast specials and quiche our talented kitchen staff serves up once a month.

**Save the Dates:**

**Thanksgiving Potluck, Nov. 18**

**\$7 or covered dish – Sign up with your potluck choice!**

**6<sup>th</sup> Annual Holiday Bazaar**

**Thursday and Friday, Nov. 10 & 11, 9 am-3:30 pm**

Reserve tables in advance; \$15/day.

**Stained Glass Annual Contest**

This year’s theme is “Interpretations of Pattie’s Animal Sketches,” to honor another of our instructor’s many talents: drawing and sketching. Works will be exhibited and submitted for judging in the Hall of Mirrors on November 1, with winners announced on November 7.

**Empty Bowls Project (date and time to be announced – check at the front desk).**

*\*Participants must present payment upon registration for all activities with fees.\**



**Canasta**

***Mondays 1:30-3:30 pm; Free; Community Room***

**Bid Euchre (6, 7 or 8 handed can be played)**

Everyone is welcome!

***Tuesdays; Noon-3 pm; Free; Community Room***

**Progressive Bridge**

***Thursdays; Noon-3 pm; Free; Community Room***

**Progressive Regular Euchre: \$2 per person**

***Thursdays & Fridays; Noon-3 pm; Dance Room***

(Have fun and win grocery prizes!)

**Captain's Table**

***Mondays 11:30 am-1 pm \$5***



Come join us on Mondays for the best lunch deal around. The warmer months are here so we alternate between a potato and salad bar. Bring your appetite and \$5 and we'll see you every Monday.

***Contact the center with any questions.***

**Open Pickle Ball**

***Mondays, Tuesdays & Fridays***

***10 am-Noon Beginner***

***12:30-2:30 pm Intermediate/Advanced***

***Wednesdays***

***6:15- 8 pm All Levels***

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise. ***Contact Mike with any questions.***

**International Folk Dancing**

***Mondays 7-8:45 pm Free***



Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing." ***Contact the center with any questions.***

**Whetstone 50+ Writers: Memory to Memoirs**

This group meets every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month. ***Contact the center with questions about meeting times.***

**Monthly Friday Potlucks**

***Friday, October 15 Noon***

Potlucks are on the 3<sup>rd</sup> Friday of every month. The senior council provides a meat dish.

***No money will be taken from participants. EACH INDIVIDUAL MUST bring a dish sufficient to feed 10 people in order to participate in the potluck.***

***Please call the center in advance for your reservation, so we know how much food to prepare.***

**Classes**

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including the following.

***Full Body Conditioning with Char***

Wednesdays & Fridays 9:15-10:15am/ \$60 for 3 days a week; \$50 for 2 or 1 day for \$30

***Wii Bowling*** Tuesdays 10:30am-Noon/ Free

(Everyone comes at this time.)

***The Body Shop Workout*** Tues./Thurs. 3:45 pm, 4:45 pm & 5:45 pm and Sat 9:15 am/ \$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass, \$150 for 30 class pass

***Poetry & Prose*** Thursdays 1-3pm/ Free

***Woodcarving*** Meets every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday at 6 pm/ Free/ Bring your own supplies.

***Wood Chippers*** Wednesdays 9 am-Noon/ Free/

Bring your own supplies

***Open Walking- Gym*** M, T, Th, & F 8-9:15am/Free

***Fearless Falling (Adult Safety Skills)*** Fridays 10:30-11:30am/ \$30

***Chair Yoga*** Wednesdays 11:15-11:45am/ \$25

***Gentle Yoga*** Wednesdays 10-11am or 7:15-8:15pm/\$40 each

***Walks with Jack*** Saturdays starting 10 am/ Free

See Center Class Schedule for complete class listing. **Schedules are available in hardcopy at the front counter** & can also be downloaded from either of our websites at [www.columbusrecparks.com](http://www.columbusrecparks.com) or [www.whetstonepark.org](http://www.whetstonepark.org). Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>

COLUMBUS RECREATION AND PARKS DEPT  
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COLUMBUS, OH 43205

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**50+ Walking Jamboree  
Friday, October 7**

**More information on page 1.**



**All centers will be closed  
Monday, October 10.**